

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee (Name and city):** Lakes Life Care Center, Forest Lake

**Contact:** Jill Wagner

**Phone and Email:** 651-464-0262 jillmarwagner@gmail.com

**Goal:** To Support, encourage and assist women in carrying their pregnancies to term, and to assist in caring for their babies after birth of the Forest Lake and surrounding communities.

**For the period/quarter:** January 1, 2017 – March 31, 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Provide guidance to all grant staff Attend required grant meetings Hire and train volunteers and staff as needed Staff assessment Other staff administrative duties		We have hired 2 new teaching volunteers and have had current volunteers do an annual assessment of the program. Met with our male mentor to discuss the Dad's program. Ongoing discussions with nurses regarding our medical programs – forecasting for the future.	
<b>Outreach</b>	Advertising and publicity ventures Community education and contact activities Efforts at increasing capacity		Spoke at local Chamber of Commerce meeting, brought brochures and talked to counselor at the ALC as they have some pregnant clients who may need services. Working on a google ad words campaign to attract more clients.	
<b>Car Seat Program</b>	Activities: Provide car seat education, car seat installation and car seat distribution to	3	We have been referring clients to the Forest Lake Police Dept for help in this area. We have a car seat clinic coming up in April and will be providing several clients with carseats and training.	0

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Parenting Education</b>	<p>Program name: <b>Earn While You Learn and Parent Support Group</b></p> <p>Activities: Earn While You Learn and parenting support groups:</p> <p>Some topics include: Infant care, Discipline, Happiest Baby, Finding appropriate Child Care, Insurance needs, budgeting, bonding with your child, benefits of breastfeeding</p> <p>Provide incentives for participation – diapers, wipes, formula, baby clothes &amp; equipment and maternity clothing.</p>	30	<p>More babies born in January to clients – very busy with newborn parenting classes. Lessons on breast feeding and emergency care for newborns were discussed this month. Our client carrying twins gave birth 8 weeks early so we have been providing emotional support as she deals with 2 babies in the NICU. Babies are doing well considering their early birth.</p>	55
<b>Pregnancy Education</b>	<p>Program name: Earn While You Learn and Parent Support Group</p> <p>Activities: Earn While You Learn, parenting support classes:</p> <p>Some topics include Prenatal classes (as a learning activity, not prenatal medical care), Childbirth education classes, Smoking cessation, Alcohol/drug cessation, Prenatal nutrition, Your developing baby, Ultrasounds, Reducing the risk of SIDS</p>	30	<p>We had 3 more clients switch from prenatal classes to parenting classes due to the births of their babies. We have several clients who have recently come in for ultrasounds that are wanting to sign up for classes. A couple of clients work and are having difficulty getting her during our open hours so we are trying to work with them and are considering staying open later so they can attend classes.</p>	17

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Provide Necessary Services to all clients</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	3	We provide assessment on all clients we see, most of which will utilize our program services in some way. In the last quarter we have given outside referrals for: Baby Blanket, Community Helping Hand, Food Shelf, professional counseling, and MN Sure. We keep an updated referral list and visit social service agencies before we add them to the list.	13
<b>Provide Necessary Services Assessments Only</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	3	Most clients that come in for help are also receiving help with in our program. Through coming to classes, ultrasound, etc...we are able to provide them with the necessary services that they need and are available in our area. 3 clients this quarter needed referrals to doctors to receive prenatal care.	3
<b>Ultrasound</b>	Activities: Limited Obstetrical Ultrasounds, client assessment, intake and counseling	12	Once again we were able to get all positive pregnancy test clients from last quarter to come back for an ultrasound.	12

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	0
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	2
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	2
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	2
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	2

**Challenges:** We have been having issues with clients making appointments and not showing up. This is especially prevalent with our online appointments. About 50% of clients who make online appointments do now show up and around 25% of clients who make appointments in person or on the phone do not show up. We have started a texting reminder service that seems to be helping with this but we can only text clients who have already been to the center and have given us permission to text them.

**Comments:** Here is a story we shared in a recent newsletter about couple that have been coming to the center for a while

I would like to share [REDACTED] story (names changed for privacy). [REDACTED] came to us as a high school student for confirmation of her pregnancy (she had taken a home test which was positive). She was scared and so was her boyfriend, and to make matters worse, [REDACTED] was being pressured by someone to get an abortion. We told her that she had a positive pregnancy test and confirmed that she was pregnant with an ultrasound. We had the pleasure of introducing this couple to their baby for the first time with that ultrasound. This made things very real for the couple, and they decided that abortion wasn't the answer.

[REDACTED] were very afraid to tell their families as they were sure the news would not be received well. With the support and encouragement from the center, they finally told their families, and the reaction was not as bad as they thought. A difficult road was really about to begin.

Though their families were relatively supportive, the reality of having to take care of a child was beginning to set in for both of them. [REDACTED] was very worried about how he was going to provide for his family and [REDACTED] was trying to figure out how she was even going to finish high school.

They both signed up for our education program and began coming in weekly for classes. [REDACTED] also took part in our Dad's program, and really connected with his mentor. He was able to discuss the things he was worried about without having to burden [REDACTED]. His mentor was able to calm his fears and support him in his decision making. [REDACTED] was also given the tools he needed to be a strong supportive partner [REDACTED] needed.

While coming to classes they were not only getting the information they needed about pregnancy and parenting but they also had an opportunity to work through the issues they were having with each other and their families. During this time, we listened to them, encouraged them, and watched two young people make some, very grown up decisions about theirs and their baby's future.

[REDACTED] pregnancy was less than easy as she was very sick throughout most of it and [REDACTED] continued to be concerned about providing for [REDACTED] and their baby. The supplies they received from shopping in our Baby Boutique helped take some of the pressure off as they were able to obtain the baby clothes and other infant items they needed as prepared for the birth of their child.

[REDACTED] happy and healthy baby girl came into the world a few months ago. You couldn't find two prouder parents. Though things are still not easy for this couple they keep trying to make things better for themselves and their child.

[REDACTED] recently moved up to management at his job and started college. [REDACTED] graduated from high school and is happily working from home for the time being, so she can care for their daughter. They are living together and talking about getting married as they continue to build their life together.